



Tree Trunk Legs

OVERVIEW

COMMENTS



Russel Orhii

Powerlifter & bodybuilder

LENGTH

4 weeks

① **CIRCUIT**  2  
Warm up
20 DB RDL's

② **Barbell Squat**  4  
10-8-6-4 reps

③ **DB Split Squats**  3  
8-8-8 reps

④ **Goblet Squats**  4  
8-8-8-8 reps

⑤ **Calf Raises**  3  
15-15-15 reps



Swipe to complete